

Senior Programs

55 Alive Mature Driving Ages 50+

This AARP Refresher Course, for drivers 50+ years, emphasizes SAFETY. Learn how aging changes your driving skills. Learn to assess your own skills and compensate for normal as well as hazardous driving situations and emergencies.

Receive a DMV Certificate for reduction in your insurance premium. *A \$10 check to AARP is paid to instructor at first class.*

Make check payable to AARP. Please arrive on time. Call 625-5223 to register over the phone.

Location: Sunset Center
Room 103

Instructor: AARP staff

Tues/Wed 8:30am-12:30pm

4/5 - 4/6 3114.104

6/7 - 6/8 3114.106

8/2 - 8/3 3114.108

10/4 - 10/5 3114.110

Taking Charge of Your Life

Rocklin seniors are invited to this exciting new FREE class led by Financial Analyst Joyce Marcroft. Class discussions combine realism with optimism and encourage participants to take charge of their finances, property, health and future. Topics may include volunteering, pursuing the arts, your legal protection, laws that protect seniors, senior safety, senior housing options, and other issues which arise from discussion.

Mondays

Sunset Center Room 103

February 28 - April 4
Mondays, 10:00-11:30am
3115.102

JOIN US FOR FUN AND RELAXATION!

City of Rocklin Get Away Program

Take a trip with us. Take time to explore the beauty around us. Bring a friend, relative or spouse and make new friends along the way.

Wednesday, March 9
Silver Legacy: Reno, NV

Friday, May 13
Shop, Taste & Garden
The Vacaville Outlet Stores, then on to Gilroy for wine tasting & tour. Spend the night and tour Bonforte Gardens the next day.

Call 625-5223 for more information or to have a flyer mailed. Registration is due at least 30 days prior to each trip.
ADDITIONAL TRIPS ARE IN THE PLANNING STAGES

Let us know of other trips that you would like added to our schedule.



Call City of Rocklin Community Services - Recreation Office
for more information: 625-5223.

Registration is due at least 30 days prior to each trip.

Space is limited. Capacity controlled.

Senior Trips

See Page 18, and call 625-5223 for more information, or to have a flyer mailed.

Registration is due at least 30 days prior to each trip.

Rocklin Jubilee Big Band Dance

Friday, June 10

6:00-8:00pm

\$15 per couple

Rocklin Sunset Center

Call 625-5223 for pre-registration materials.

AARP Tax Aid

Ages 50+

For no-cost income tax return preparation and electronic filing, seniors and low-income residents are invited to call to make an appointment with an AARP tax advisor to discuss your personal tax return.

Please call 625-5223 to schedule an appointment. Appointments are scheduled every 45 minutes.

Location: **Sunset Center,
Room 105**

AARP staff

February 7 - April 11

Mondays, 10:00am-4:00pm

3116.102 No Appt. 2/21

Senior Programs

Senior Health Fair

Wednesday,
May 18

9:00am-1:00pm

Rocklin Sunset Center
Main Hall & Room 103
2650 Sunset Blvd.

Fun & Games Thursdays

Sunset Center, Rm 105
10:00am-2:00pm

Drop-in. Fun games may include: social card games, board games and puzzles. Players may choose from games on-hand and play for the fun of it. **Bring a sack lunch.**

First Sunday of
the month:

Senior Tea Dances

\$6 per person

April 3

The Love Boat Band

May 1

The Bill Rase Band

Finnish Temperance
Hall 1:30-4:00pm

Foothill Cafe Senior Nutrition Program

The Foothill Cafe, a branch of the Foothill Volunteer Center, holds a daily lunch program at the Rolling Oaks Apartments, a senior complex located on Shannon Bay Drive, Monday through Friday from 8:30am - 12:30pm, serving lunch daily at 11:30. Suggested donation: \$2.25 for those age 60+; \$5.00 for those under 60 years old, unless accompanied by an age-qualified spouse.



Reservations must be made by 12:30pm the day before. To make a reservation, please call Ann Oliver at the Foothill Cafe at 624-2667, or call the main office at (530) 888-7137.

SPECIAL ACTIVITIES: Tuesday Pinochle, Bingo, music, and more!
Call Ann to find out what fun events are scheduled for the week.

Peer Counseling Age 55+

Join Peer Counselor Grace Klor in this free weekly support group. Talk about things that affect the daily lives of seniors like yourself. Discuss mental health issues such as attitudes on life, grief, problems, debilitating illness, loss of eyesight, and other pertinent topics. **Call (530) 886-3533 or (530) 889-7240 for an appointment or more information.**

Location: Sunset Center
Room 105

Instructor: Grace Klor

Price: Free

Tuesdays 1:15-3:00pm

Sierra Emeritus College

Emeritus - Retired with Honor

Make lifelong learning a personal goal. The City of Rocklin is pleased to host tuition-free, non-credit, 4-week classes for seniors in conjunction with Sierra College.

Sessions will run between February 15-March 15 and April 4-April 29.

Call (916) 781-6290 to receive an Emeritus class guide in the mail, or pick one up from room 103 & 107 of the Sunset Center. Registration forms are necessary for enrollment.

Learn Financial Strategies for a Successful Retirement! See page 5 for details!

Senior Programs

Stretch & Fitness

Ages 50+

Stay in shape without the strenuous impact of aerobics. This class offers strength building, toning, and increased flexibility. It combines warm-up, easy stretches, non-aerobic movement, floor exercises, and quiet cool down for a fun and relaxing workout every mature adult body needs. Class meets on Mondays, Wednesdays and Fridays for a full health regimen.

Location: Sunset Center
Sunset Room

Instructor: Sue Inman

Mon/Wed/Fri 11:00am-noon

\$30R/\$32NR

2/23-3/30 3110.103

4/1-4/27 3110.104

4/29-5/25 3110.105

5/27-6/24 3110.106

6/27-7/29* 3110.107

8/1-8/26 3110.108

No class: 3/11, 3/21, 3/23, 3/25,
5/30, 7/4, 7/6, 7/8

*Moved to Room 107 on 7/1

Tai Chi/Chi Kung

Ages 50+

Discover why millions of people enjoy Tai Chi and Chi Kung, a series of slow movements combined with deep breathing as a way to heal the body, focus the mind, and center the spirit. Exercises are easy to learn. Wear loose clothing, comfortable shoes and bring water.

Location: Sunset Center,
Sunset Room

Instructor: Spero Asimos

Mondays 9:00am-10:00am

\$50R/\$55NR

2/28-3/28 3112.102

4/4-5/9 3112.104

5/16-6/20 3112.105

7/11-8/15 3112.107

8/22-9/26 3112.108

Bridge Instruction

Beginning or Intermediate

Players interested in Bridge instruction are asked to call (916) 625-5223 to be placed on an interest list for a class or workshop.

Friday FUN!

Come early and stay for a movie! Free monthly presentations before Video Day.

Register by calling 625-5223.

Crafters' Corner

**Second Friday of each month
Room 107**

No experience necessary. Materials provided; there may be a small fee. Past crafts include picture frames, topiaries, and flower arrangements. Watch for project details in each monthly senior calendar.

Hear Here Special Fridays

12:15-1:15pm

Before Movie Day, Room 103

Listen to speakers as they are invited to share information on topics relevant to seniors: health, senior services, finances, travel, and more.

Senior Safety

**Fourth Friday of each month
Room 103**

Join Mike Nottoli the fourth Friday of the month for a safety presentation specifically with you in mind.

Blockbuster Video Day

**Each Friday of the month
Room 103, 1:30-3:30pm**

Come with your friends to enjoy a free afternoon movie, compliments of Blockbuster Video. Movie selections are advertised in the monthly senior calendar. Free popcorn and soda! See you there! Moviegoers are surveyed to choose future showings.

Country Western Line Dances

Featuring Lessons & Music by Wild Horses



wild Horses

*Leather Soled Shoes Only!
All ages welcome if
accompanied by an Adult!*

Spring View School

7:30-10:00pm • \$6 per person

First Friday of the month:

(Except when the first Friday is a holiday)

February 4*

April 1

June 10*

August 5*

March 4

May 6*

July 8*

September 9

***Dances to be held at Clarke Dominguez Gym**